

The extra 1% for student engagement

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THE EXTRA 1%^s FOR STUDENT ENGAGEMENT



Dr Rob Orr (Bond University)

The Program

- DPHTY program is a 2-year intensive program
- Typical day 0800-1600 daily
- 70-80 students in each of two cohorts



The Program

- Challenge 1: Long days

WEEK 2	Monday 02 MAY	Tuesday 03 MAY	Wednesday 04 MAY	Thursday 05 MAY	Friday 06 MAY	
8:00		08:00 - 17:00 Resource Session Clinical Anatomy (1.3a) BS/EC/KMi/EM/DM/DannyM Anatomy Lab Level 2 HSM BLD05-2-61	0800-0900 Resource Session Surface Anatomy Lower Limb(1.3h) BS/RO/LC/EC/KMi 3-08/3-09/3-11			
8:30						
9:00	0900-1200 Resource Session 1 Massage (Prac) (3.6a) RO/LC/BS/KKS/KMi 3-07/3-08/3-09/3-11/3-12 09:00-11:30		0900-1100 Resource Session Measurement (Goniometry) LL (3.1c) RO/BS/JF/LC/KMi 3-08/3-09/3-11/3-12	0900-1230 Resource Session Session 1 1. Manual Handling (BUCERC) <i>Simone Hepburn (Eggers)</i> <i>Michael Terry</i> 2. Electrophysical Modalities (3.7) RO/LC/PA/BS 3-07/3-08/3-09/3-11/3-12		10:00-12:00 PBL Tutorial 1 (Wrap) + Feedback Group 1 :BLD05_3_46 (BS) Group 2 :BLD05_3_39 (MH) Group 3 : BLD05_3_48 (LC) Group 4: BLD05_3_47 (KMi) Group 5 :BLD05_3_44 (KD) Group 6 : BLD05_3_42 (KMc) Group 7 : BLD05_3_45 (AW) Group 8: BLD05_3_43 (EC)
9:30						
10:00						
10:30						
11:00						
11:30			1100-1300 Resource Session Measurement (Manual Muscle testing - (LL) (3.1c) RO/BS/NR/LC/KMi 3-07/3-08/3-09/3-11/3-12			
12:00	1130-1300 Lunch			1230-1330 Lunch	1200-1300 Lunch	
12:30						
13:00	1300-1600 Resource Session 2 Massage (Prac) (3.6a) RO/LC/BS/KKS/KMi 3-07/3-08/3-09/3-11/3-12		1300-1400 Lunch	1330-1700 Resource Session Session 2 2. Manual Handling (BUCERC) <i>Simone Hepburn (Eggers)</i> <i>Michael Terry</i> 1. Electrophysical Modalities (3.7) RO/LC/PA/BS 3-07/3-08/3-09/3-11/3-12	12:00-14:00 PBL Tutorial 2 (Initial) Group 1 :BLD05_3_46 (BS) Group 2: BLD05_3_39 (MH) Group 3 : BLD05_3_48 (LC) Group 4: BLD05_3_47 (KMi) Group 5 :BLD05_3_44 (KD) Group 6 : BLD05_3_42 (KMc) Group 7 : BLD05_3_45 (AW) Group 8: BLD05_3_43 (EC)	
13:30						
14:00			1400-1600 Resource Session Bandaging and strapping Rotations - LL 3.5a Strapping: BS/RO/KMi Bandaging: LC/MH/KD 3-07/3-08/3-09/3-11/3-12			
14:30						
15:00						
15:30						
16:00						
16:30						

The Program

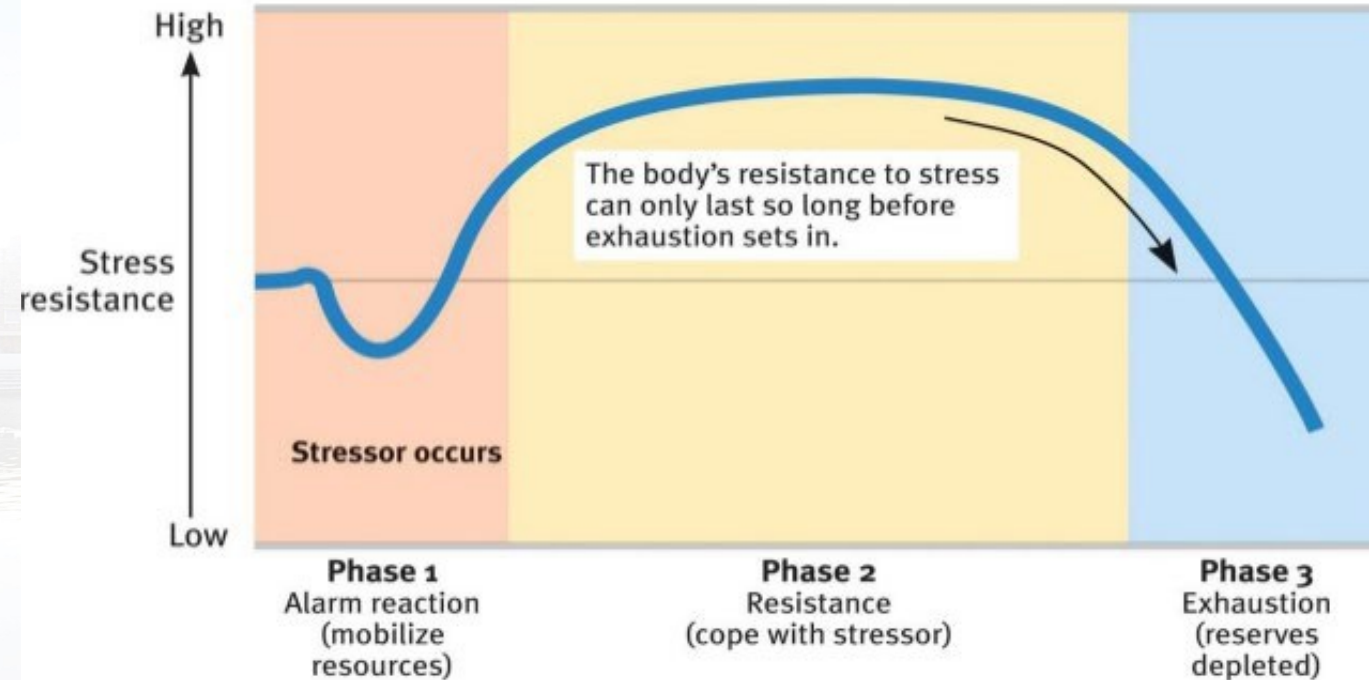
- Challenge 2: Long sessions

Week 3 - Training for Performance and Rehabilitation

TIME	MONDAY 1 st February	TUESDAY 2 nd February	WEDNESDAY 3 rd February	THURSDAY 4 th February	FRIDAY 5 th February
8 - 9am					
9 - 12pm	Movement Orientated Training Part 1: Foundation to Performance	Movement Orientated Training Part 2: Treating the Injury vs Treating the Athlete	Return to Sport/Work Concepts 3: Periodization principles for rehabilitation planning.	Return to Sport/Work Concepts 4: Assessing Return to Sport/Work	Treating Overuse injuries
12 - 1pm	Break	Break	Break	Break	Break
1 - 4pm	Training for Hypertrophy GYM	Training Strength and Power GYM	Training Agility/Flexibility and Speed GYM	Training Aerobic and Anaerobic Conditioning GYM	Return to Sport Practical Assessment 3_08/3_09/3_11

Teaching Approach – 1%

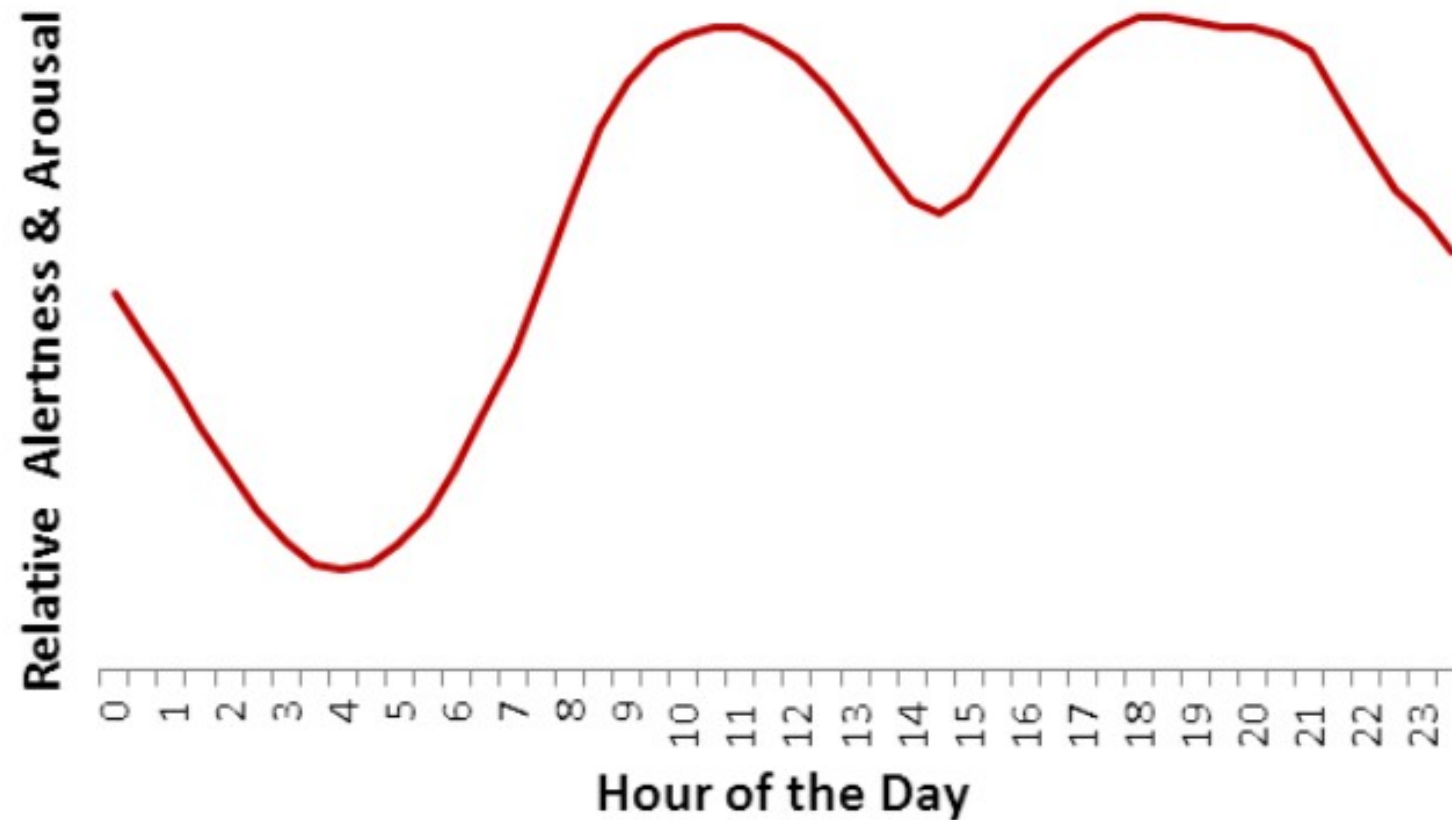
1. Selye's General Adaptation Syndrome and student responses to stress through change



<https://sanescohealth.com/blog/general-adaptation-syndrome-stages/>

Teaching Approach – 1%

2. Circadian rhythms and lulls



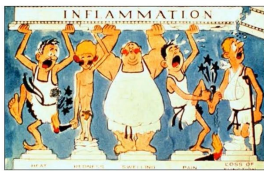
Teaching Approach – 1%

3. Alignment

ACUTE INFLAMMATION

ACUTE INFLAMMATION

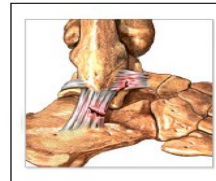
- Cardinal Features
 - Heat
 - Redness
 - Swelling
 - Pain
 - Loss of function
- Macroscopic Appearance
 - Pimples
 - Sunburn
 - Abrasions



Doctor of Physiotherapy Program

PHTY 71-401

Foundations of Physiotherapy



The Physiotherapist in Action (Tissue Healing and Repair)

The Haemostasis & Acute Inflammatory Response Phase

Inflammation is a _____ designed to contain the injury, limit further injury, destroy damaged tissue and set up optimal conditions to promote repair to the injured region.

The first response of the body to an injury (or disease) is typically an inflammatory one.

The inflammatory response is characterised by the _____ in the affected area in response to an injury.

Acute Inflammation

Acute inflammation can be defined as the reaction of vascularised, living tissue to local injury.

This means that degenerative changes that occur after death cannot be inflammation as the tissue is not living tissue.



Selected Reading*

*Selected readings can be found on the Foundations of Physiotherapy iLearn site under 'resource list'

Hertling, D. (2006). 'Chapter 2. Wound Healing: Injury and Repair of Dense Connective Tissue' in *Management of Common musculoskeletal disorder: physical therapy principles and methods*. Philadelphia, Pa. Lippincott Williams & Wilkins

The following reading provides a nice, albeit in depth, overview of the stages of tissue healing.

RESOURCE LISTS

Foundations of Physiotherapy

PUBLISHED PHTY71-401_2020_MAY_STD_01 (2020) 32 items in 16 sections CC BY-SA 3.0 AU (Attribution-Share Alike)

SEND LIST NEW SECTION

Gait (3)

ARTICLE How fast does the Grim Reaper walk? Receiver operating characteristics curve analysis in healthy men aged 70 and over Stanaway, Fiona F.; Gnjidic, Danijela; Blyth, Fiona M.; Couteur, David G Le; Naganathan, Vasi; Waite, Louise; Seibel, Markus J.; Handelsman, D... BMI, 343(7837), 2011-12-15

This paper provides a nice link between assessment / outcome measures and clinical consideration

Class preparation

Complete Check availability

Teaching Approach – 1%

4. Blank space

Foundations of Physiotherapy

The Haemostasis & Acute Inflammatory Response Phase

Inflammation is a _____ designed to contain the injury, limit further injury, destroy damaged tissue and set up optimal conditions to promote repair to the injured region.

The first response of the body to an injury (or disease) is typically an inflammatory one.

The inflammatory response is characterised by the _____ and _____ in the affected area in response to an injury.

Acute Inflammation

Acute inflammation can be defined as the reaction of vascularised, living tissue to local injury.

This means that degenerative changes that occur after death cannot be inflammation as the tissue is not living tissue.

The cardinal features of acute inflammation are:

- _____
- _____
- _____
- _____
- _____

The macroscopic appearance of acute inflammation can be seen in:

- _____
- _____
- _____

9

Foundations of Physiotherapy

My Wrap Up Notes

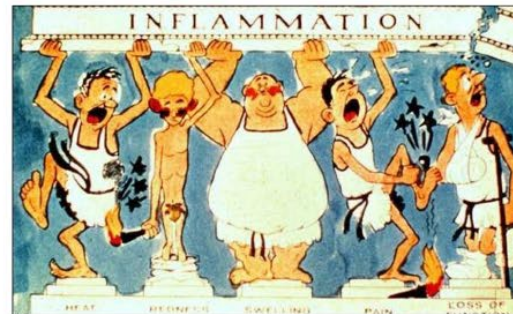
19

Teaching Approach – 1%

5. PowerPoint

ACUTE INFLAMMATION

- Cardinal Features
 - Heat
 - Redness
 - Swelling
 - Pain
 - *Loss of function*
- Macroscopic Appearance
 - Pimples
 - Sunburn
 - Abrasions




Teaching Approach – 1%

6. Pre-engagement notice board



We are all physios...Aren't we? 


 Visible to students

...

We are all physios...aren't we? In our cohort group we have a bunch of international students and Australian students who have lived overseas for an extended period. This international exposure begs the question 'Are Physiotherapists and their ...



With great power - comes great responsibility 


 Visible to students

...

Greetings again, We have all seen superheros, from marvel to DC to the tv show called heroes, many have superpowers. If you could have a superpower as a physio – something that could help patients. What would it be? (No heal with a touch – that's ...



It's good to laugh

 Visible to students

...

Greetings all This week's challenge - Good (preferably) jokes with physiotherapists in them Here is my offering.... A couple were playing golf one sunny Saturday morning. The first person teed off and watched in horror as the ball headed directly ...

Teaching Approach – 1%

7. Let there be light



Teaching Approach – 1%

8. Pre-engagement quiz videos



Teaching Approach – 1%

9. Brain / Screen breaks

What does this profile mean for a treatment approach?

Foundations of Physiotherapy



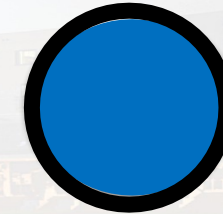
Session Check:

What does this profile mean for a treatment approach?



NOTE: Whilst inflammation is typically a protective response it can be potentially harmful (E.G. Dramatic hypersensitivity to bee stings or some medications) and may underlie some chronic diseases like rheumatoid arthritis and lung fibrosis.

60s



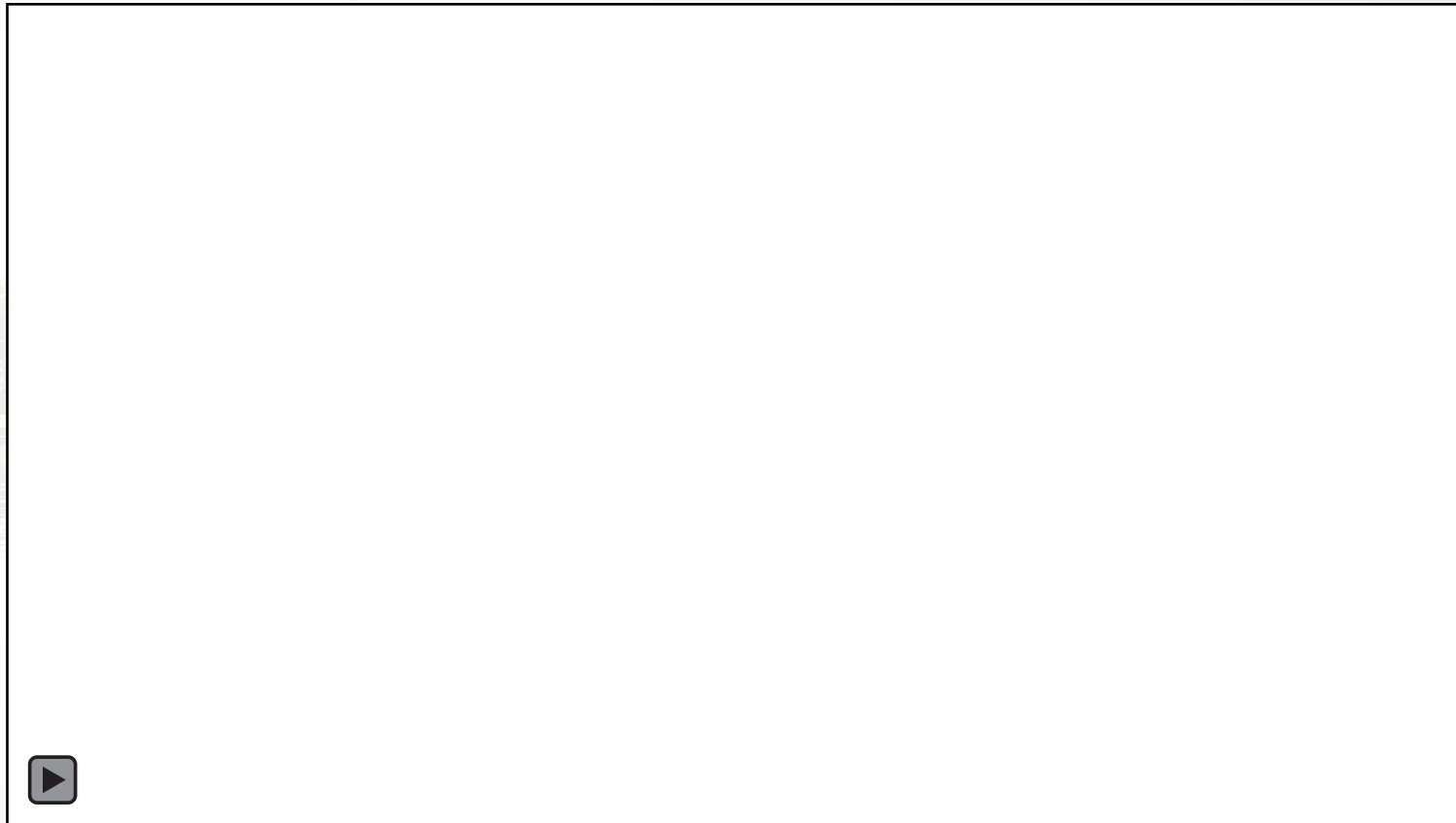
Teaching Approach – 1%

9. Brain / Screen breaks



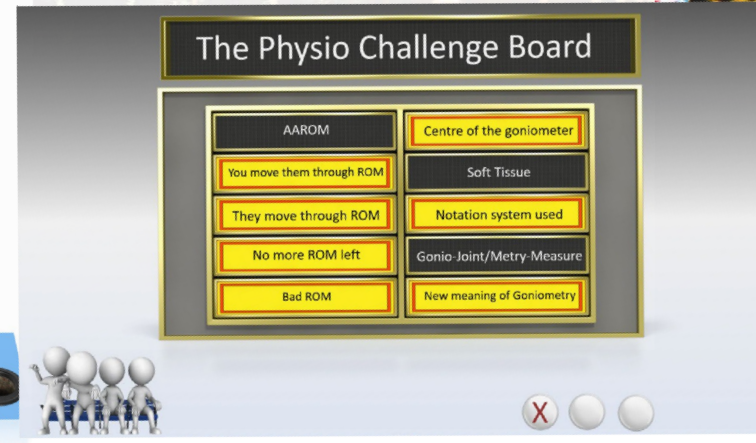
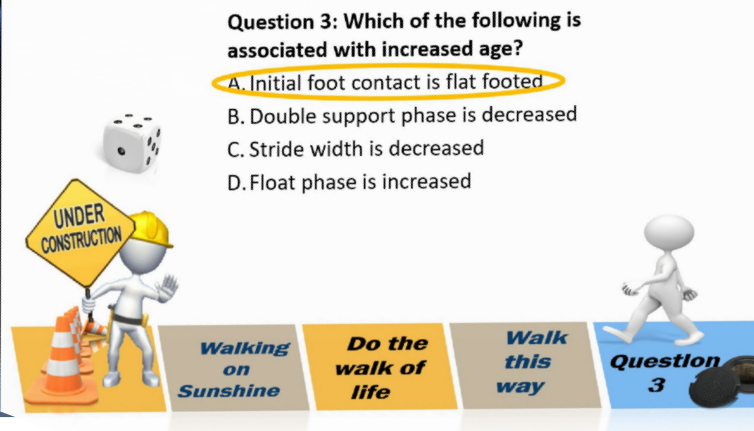
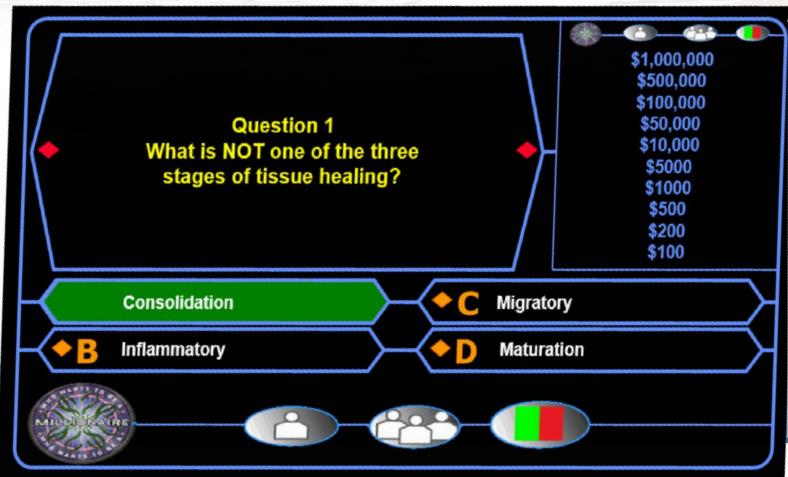
Teaching Approach – 1%

9. Brain / Screen breaks



Teaching Approach – 1%

- Informal / Indirect learning
- foundationsphysio@bond.edu.au
- Daily wrap up email
- Weekly events
 - Thoughts of the day / Riddle of the Day / Trivia of the day
- Game them



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